

The 2008 Challenge - Dawning on Dawn!

[Healthy & Fit Magazine](http://www.healthyandfitmagazine.com)

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Dawn Kobus, a state employee who was chosen to participate in the **Healthy & Fit - 2008 Healthy Lifestyle Challenge**, has agreed to share her stories with WOW readers for the 6-month challenge. Her monthly stories follow:

1st Month: January 2008 - Dawn's Story

'Healthy & Fit Magazine' offered mid-Michigan residents an opportunity to enter the *2008 Healthy Lifestyle Challenge*. The entries were asked to describe why they should be considered for the challenge; why they were making a decision to live a healthier lifestyle. Three individuals from the 300 entries were chosen to work with the best area trainers and nutritionists for six months, at no cost.



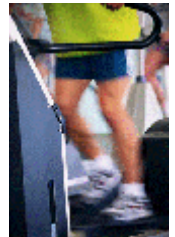
Dawn Kobus
Hearings Coordinator
Michigan Department of Labor and Economic Growth
**was selected to be
one of the challengers**

Dawn said, "I entered the challenge to lose weight and keep it off by changing my lifestyle. Turning 40 in October, made me think of my family (ages 12, 9, 5, and 1) and what my health might be if I continue with unhealthy habits. I realized I will be 58 when my youngest child graduates from high school. I really want overall good health so my children can have a healthy mom and my husband can have a healthy wife for a long time."

2nd Month: February 2008 - Dawn's Story

"It was not easy for me to share my personal weight" (230# @ 5' 7"), said Dawn. "I found my 15 year old wedding picture which I use for MY GOAL. I know I can lose weight as I am learning how to live a healthier lifestyle, but it is keeping it off that is the hard part", Dawn continues. **"I know that a permanent lifestyle change is the way to go!"**

Dawn has made time in her busy schedule - mother of four (ages 12, 9, 5, and 1) and works four days a week outside of the home to workout two days a week for one hour after work at Iron Quest Fitness. She also does cardio-exercises at home initially 15-20 and presently 20-25 minutes daily. Her overall exercise prescription emphasizes total body training sessions with cardio-intervals.



IQFit has Dawn on a nutritional regimen that focuses on whole foods and fueling the body with the correct combination of nutrients. The following are some examples of her NEW eating habits which are divided into 5 meals a day: whole fruits and vegetables (not juices), organic foods, lean and low-fat food items, whole wheat grains and no artificial sweeteners - she uses [stevia](#) instead. Dawn is learning to plan her day's meals and carries with her snack items as: an apple or other fruits; almonds, walnuts or other nuts; lo-fat cottage cheese or string cheese; and veggies with hummus (chickpeas).

Her family gets involved with preparing the evening meals. One evening, Dawn's five year old son who was helping mom cut up veggies for a stir-fry, said "we should open a restaurant someday." She smiled and said that the support of her husband and family is definitely helping her make permanent lifestyle changes. (Healthy & Fit - Feb '08)

3rd Month: March 2008 - Dawn's Story

Family support really makes a difference! According to *Healthy & Fit* (www.healthyandfitmagazine.com), it takes time for the body to adjust to a healthy lifestyle and weight isn't often the first thing you'll lose. Most times it's inches first, then weight! Dawn lost 7.5 pounds in the first two months of the Healthy Lifestyle Challenge and said, "I haven't lost as much weight as I thought I would, but I am definitely feeling it in my clothing and people are noticing. A co-worker commented recently that she thought I had lost 20 pounds."

Dawn is regularly working-out at Iron Quest Fitness with Jason McCammon, Trainer and Nutritional Consultant who has asked her to complete a daily 'food log' and also do cardio-training at home. She said that her family is very supportive in helping her get and stay healthy. The whole family is moving more and eating better. Her husband Joe has even started to work-out at lunch time.

4rd Month: April 2008 - Dawn's Story

Eating Right! Dawn is normally not a breakfast eater - a chocolate protein drink with bananas and yogurt is her most favorite breakfast. She is enjoying eating whole, healthy foods and feels more physical and mental energy. "I am pleased that I feel full after meals and have lost weight WITHOUT dieting," Dawn said.



She looks forward to working-out and said that she feels good afterwards. And she is eagerly anticipating outdoor activities as the weather is getting warmer.

5th Month: May 2008 - Dawn's Story

"I am doing great...I have lost over 20 lbs and I am not sure how many inches. I am becoming more coordinated with the exercises and comfortable with the trainer. However, moving up to heavier weights does prove to be more of a challenge. I like seeing the muscle definition I am gaining from strength training and feeling my increased energy levels after a workout. I really like my training sessions and my elliptical machine. Squats and lunges are my least favorite because I still feel clumsy doing them, but I am improving." said Kobus.

Her trainer, Jason McCammon's commented: "Dawn has been doing well...The fun part for her is that she is doing it without dieting. Like any program, Dawn just had to trust us at first. **However the proof is in her success which will boost her faith in the program, thereby helping her stay the course. Dawn has a slight edge on the average client as far as attitude. She is super-positive and inquisitive which helps her stay optimistic about her goals.** We are going to keep Dawn working hard with total body routines, but work in some one-sided exercises to help correct a few imbalances. Dawn has given into a few weaknesses for sweets, but a little here and there won't stop her progress. The best motivation ...is seeing the pounds come off."

Dawn knows that this is a permanent change in her life. She has realized that if she has a day or two off her course, she gets right back into the swing of things the next day. Before the challenge she would have thought "I've blown it, eat whatever--forget the exercise". Now Dawn says that she makes time for what's important and her health is important to her".

**Continue to watch the *2008 Healthy & Fit Challenge*
as WOW follows Dawn on her journey to a healthier lifestyle
and shares her story with WOW readers.**